



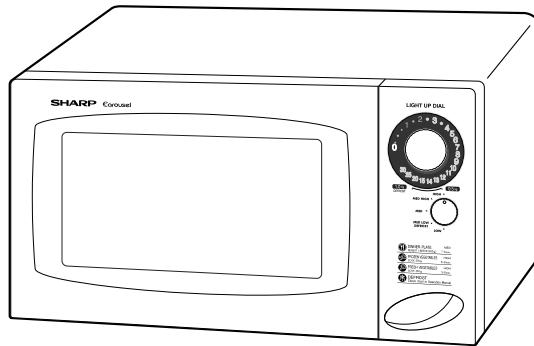
**SHARP®**

**Carousel™**  
**MICROWAVE OVEN**

**J**

**MODEL R-210H**

**OPERATION MANUAL and COOKING GUIDE**



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Thank you for buying a Sharp Microwave Oven.  
Please keep this operation manual handy, as it describes all the features of your oven and will enable you to cook many varieties of food.

The manual is divided into two sections:

**1. OPERATION**

This section describes your oven and teaches you how to use all the features.

**2. COOKING GUIDES**

This section is at the back of the manual, it contains the more commonly used information such as how to prepare food, which cooking utensil to use, standing time.

Please take some time to read your operation manual carefully, paying particular attention to the warnings and special notes.

When selecting another home appliance, please again consider our full range of Sharp products.





# SHARP

## WARRANTY

Consumer Electronic Products

### Congratulations on Your Purchase!

This Sharp product is warranted against faults in materials and manufacture for a period of twelve (12) months from the date of original purchase.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

The owner is responsible for any transportation and insurance costs if the product has to be returned for repair.

This warranty does not extend to accessories or defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim.

This warranty is in addition to and in no way limits, varies or excludes any express and implied rights and remedies under any relevant legislation in the country of sale.



### IMPORTANT DO NOT RETURN THIS PAGE TO SHARP

For your reference, please enter the particulars of your purchase below and retain, with your purchase documentation.

Model No. \_\_\_\_\_

Serial No. \_\_\_\_\_

Date of Purchase \_\_\_\_\_

Retailer \_\_\_\_\_

FOR LOCATION ENQUIRIES WITHIN  
**AUSTRALIA**  
REGARDING YOUR  
LOCAL  
SHARP APPROVED SERVICE CENTRE  
CALL THE  
**SHARP SERVICE REFERRAL CENTRE**  
**TOLL FREE 1 300 135 022**  
DURING NORMAL BUSINESS HOURS  
(Eastern Standard Time)  
or contact our web site  
**www.sharp.net.au**

SHARP CORPORATION OF AUSTRALIA PTY. LIMITED  
ABN 40 003 039 405  
1 Huntingwood Drive Blacktown NSW 2148

FOR PRODUCTS PURCHASED IN  
**NEW ZEALAND**  
CONTACT YOUR SELLING DEALER/RETAILER  
OR CALL  
**SHARP CUSTOMER SERVICES**  
telephone: 09 573 0111  
FACSIMILE: 09 573 0113  
or contact our web site  
**www.sharpnz.co.nz**

SHARP CORPORATION OF NEW ZEALAND LIMITED  
59 Hugo Johnson Drive  
Penrose, Auckland

**IMPORTANT NOTICE:** This warranty applies only to products sold in Australia & New Zealand.





## WARNING

IMPORTANT SAFETY INSTRUCTIONS : READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

To reduce the risk of fire in the oven cavity:

- a. Do not overcook food.
- b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
- c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
- d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
- e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

To reduce the risk of an explosion or delayed eruptive boiling:

Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.

Additionally:

- a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
- b. Do not use excessive amount of time.
- c. When boiling liquids in the oven, use a wide-mouthed container.
- d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
- e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.

This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.

It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.

Never operate the oven whilst any object is caught or jammed between the door and the oven.

Do not try to adjust or repair the oven yourself.

It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.



Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:

(1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed), (4) Burn marks on the door seal faces.

Do not bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.

Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.

Never tamper with or deactivate the door safety latches.

Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.

Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP.

If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.

Avoid steam burns by directing steam away from the face and hands.

Slowly lift the furthest edge of a dish's cover and microwave plastic wrap and carefully open popcorn and oven cooking bags away from the face.

Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.

To prevent the turntable from breaking:

- a. Before cleaning the turntable with water, leave the turntable to cool.
- b. Do not place anything hot on a cold turntable.
- c. Do not place anything cold on a hot turntable.

Do not place anything on the outer cabinet.

This appliance must be earthed.

Do not store food or any other items inside the oven.

Make sure the utensil does not touch the interior walls during cooking.

Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

This appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.





## SPECIAL NOTES

	DO	DON'T
Eggs, fruits, vegetables, nuts, seeds, sausages and oysters	<ul style="list-style-type: none"> <li>* Puncture egg yolks and whites and oysters before cooking to prevent "explosion".</li> <li>* Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.</li> </ul>	<ul style="list-style-type: none"> <li>* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself.</li> <li>* Reheat whole eggs.</li> <li>* Overcook oysters.</li> <li>* Dry nuts or seeds in shells.</li> </ul>
Popcorn	<ul style="list-style-type: none"> <li>* Use specially bagged popcorn for the microwave oven.</li> <li>* Listen while popping corn for the popping to slow to 1-2 seconds.</li> </ul>	<ul style="list-style-type: none"> <li>* Pop popcorn in regular brown bags or glass bowls.</li> <li>* Exceed maximum time on popcorn package.</li> </ul>
Baby food	<ul style="list-style-type: none"> <li>* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns.</li> <li>* Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat disposable bottles.</li> <li>* Overheat baby bottles.</li> <li>Only heat until warm.</li> <li>* Heat bottles with nipples on.</li> <li>* Heat baby food in original jars.</li> </ul>
General	<ul style="list-style-type: none"> <li>* Food with filling should be cut after heating, to release steam and avoid burns.</li> <li>* Use a deep bowl when cooking liquids or cereals to prevent boiling over.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook in closed glass jars or air tight containers.</li> <li>* Deep fat fry.</li> <li>* Heat or dry wood, herbs, wet papers, clothes or flowers.</li> <li>* Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.</li> </ul>
Liquids (Beverages)	<ul style="list-style-type: none"> <li>* For boiling or cooking liquids see WARNING on page 2 to prevent explosion and delayed eruptive boiling.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat for longer than recommended time. See REHEATING-FOOD CHART on page ⑥.</li> </ul>
Canned foods	<ul style="list-style-type: none"> <li>* Remove food from can.</li> </ul>	<ul style="list-style-type: none"> <li>* Heat or cook food while in cans.</li> </ul>
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> <li>* These foods have high sugar and/or fat contents.</li> <li>* Cook for the recommended time.</li> </ul>	<ul style="list-style-type: none"> <li>* Overcook as they may catch fire.</li> </ul>
Meats	<ul style="list-style-type: none"> <li>* Use a microwave proof roasting rack to collect drained juices.</li> </ul>	<ul style="list-style-type: none"> <li>* Place meat directly on the turntable for cooking.</li> </ul>
Utensils	<ul style="list-style-type: none"> <li>* Check the utensils are suitable for MICROWAVE cooking before you use them.</li> </ul>	<ul style="list-style-type: none"> <li>* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.</li> </ul>
Aluminium foil	<ul style="list-style-type: none"> <li>* Use to shield food to prevent over cooking.</li> <li>* Watch for sparking. Reduce foil or keep clear of cavity walls.</li> </ul>	<ul style="list-style-type: none"> <li>* Use too much.</li> <li>* Shield food close to cavity walls. Sparking can damage the cavity.</li> </ul>
Browning dish	<ul style="list-style-type: none"> <li>* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.</li> </ul>	<ul style="list-style-type: none"> <li>* Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.</li> </ul>



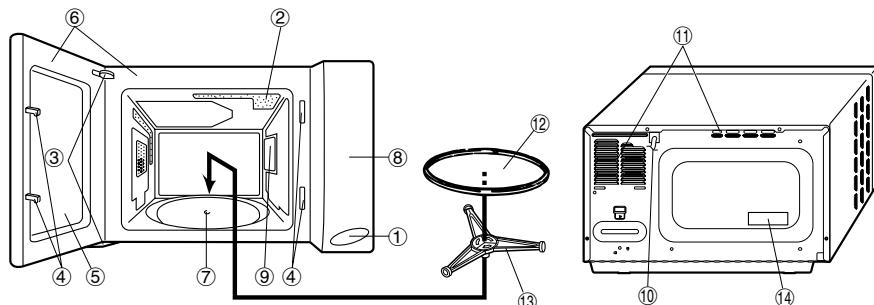


## INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
  - 1) Turntable
  - 2) Roller stay
  - 3) Operation manual and Cooking guide
3. Locate the roller stay in the centre of the oven, then fit the turntable on the roller stay. Make sure the turntable and roller stay are centrally located and locked together. Refer to OVEN DIAGRAM below. NEVER operate the oven without the roller stay and turntable.
4. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings. When mounting on bench top : Allow at least 10cm on the top, 5cm on the both sides and at the rear of the oven for adequate air circulation.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.  
The A.C. voltage must be single phase 230 – 240V, 50Hz.
6. Operate the oven from a general purpose domestic outlet.  
If a generator is used, do not operate the oven with non-sinusoidal outputs.



## OVEN DIAGRAM



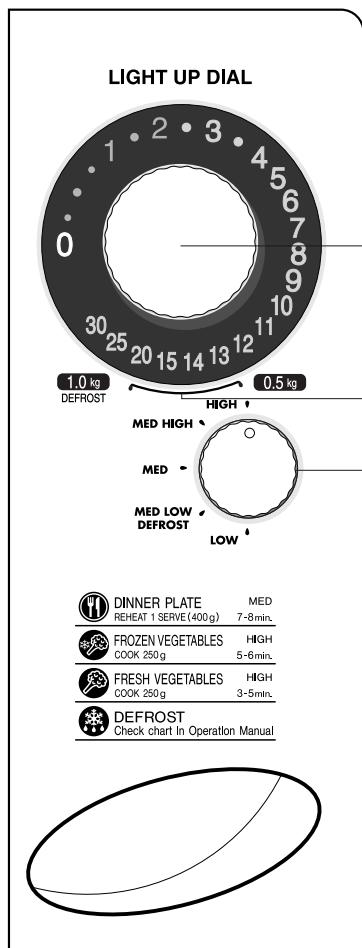
1. Door open button
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling

8. Control panel (See page 5)
9. Waveguide cover (Do not remove)
10. Power supply cord
11. Ventilation openings
12. Turntable
13. Roller stay
14. Rating plate





## CONTROL PANEL





## OPERATION OF CONTROL PANEL

Your oven can be programmed up to 30 minutes. The cooking (defrosting) time varies from 15 seconds to 5 minutes. It depends on the total length of the cooking (defrosting) time as shown on the table below.

Cooking time	Increasing unit
0-1 minute	15 seconds
1-4 minutes	30 seconds
4-15 minutes	1 minute
15-30 minutes	5 minutes

1.	COOKING		DEFROSTING	
	Suppose you want to cook on MED for 10 min.	Select desired power level by setting the POWER CONTROLLER to MED.	Select DEFROST setting by setting the POWER CONTROLLER to DEFROST.	
2.	Set the cooking time by rotating the LIGHT UP DIAL.		Rotate the LIGHT UP DIAL to the weight of the meat (0.5 kg) as indicated on the scale.	
	The oven starts automatically. The light up dial will flash to indicate the cooking time.			
3.	The cooking time will count down to "0". When the cooking time reaches "0", an audible signal will sound and the oven will automatically turn off. If you wish to stop cooking before the end of the cooking time, turn the dial back to "0" or simply open the door. Everytime the door is opened, microwave activity stops immediately.			

### NOTE

1. **Your oven is fitted with a safety feature.** If the LIGHT UP DIAL remains at the "0" position for more than 3 minutes, you must open the oven door before the dial can be operated again.
2. The scale of the MEAT DEFROST GUIDE is calibrated, refer to the defrosting chart on page ④ in the cooking guides.  
To defrost other types of food, select the DEFROST setting and rotate the LIGHT UP DIAL to the required time.
3. The oven door may be opened at any time during the cooking process.  
If you wish to continue cooking, close the door.
4. If you wish to change the power level or cooking time during operation, turn the POWER CONTROLLER or LIGHT UP DIAL to the desired setting.



## OTHER CONVENIENT FEATURES

### Demonstration Mode

This feature is mainly for use by retail outlets, and also allows you to practice the dial operation.

\* To set the demonstration mode.

1.	Open the door.
2.	Turn the LIGHT UP DIAL to the left until the oven beeps.
3.	Close the door. The demonstration mode is now set.

Carry out these steps within 15 seconds.

#### NOTE

1. During the demonstration mode, the Light Up Dial will be flashing.
2. Cooking operation is demonstrated with no power in the oven and counted down to zero at sixty times the speed.
3. To cancel the demonstration mode:  
Disconnect the oven from the power supply or carry out step 1-3 above.





## CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven.

**CLEAN THE OVEN AT REGULAR INTERVALS** - Keep the oven clean, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

**Exterior:**

The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners.

**Door:**

Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.

**Control Panel:**

Wipe the panel with a cloth dampened slightly with water only.

Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

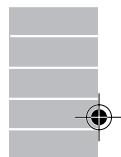
**CAUTION :** Take care not to move the light up dial from "0" (off) position during cleaning, or the oven will start as soon as you close the door.

**Interior walls:**

To clean the interior surfaces, wipe with a soft cloth and warm water for hygienic reasons. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN. Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

**Turntable/Roller Stay:**

Wash with mild soapy water and dry thoroughly.



## SERVICE CALL CHECK

Please check the following before calling for service:

Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.

Heat the water for two minutes on HIGH power.

A. Does the oven lamp come on ?	YES <input type="text"/>	NO <input type="text"/>
B. Does the cooling fan work?	YES <input type="text"/>	NO <input type="text"/>
(Put your hand over the rear ventilation openings.)		
C. Does the turntable rotate?	YES <input type="text"/>	NO <input type="text"/>
(The turntable can rotate clockwise or counterclockwise. This is quite normal.)		
D. After two minutes, did an audible signal sound?	YES <input type="text"/>	NO <input type="text"/>
E. Is the water inside the oven hot?	YES <input type="text"/>	NO <input type="text"/>

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTRE APPROVED BY SHARP.

**NOTE:**

1. If time in the display is counting down rapidly, check Demonstration Mode. (See page 7 for detail).
2. If you cook the food over 20 minutes on HIGH power, the microwave power will be automatically reduced to avoid overcooking.

## SPECIFICATIONS



AC Line Voltage	Single phase 230-240V, 50Hz
AC Power Required	1.21 kW
Output Power	800 W* (IEC test procedure)
Microwave Frequency	2450 MHz** (Class B/Group 2)
Outside Dimensions	460mm(W) x 275mm(H) x 353mm(D)
Cavity Dimensions	322mm(W) x 212mm(H) x 336mm(D)
Oven Capacity	23 litre
Cooking Uniformity	Turntable (ø295mm tray) system
Weight	Approx. 12 kg

\* When tested in accordance with AS/NZS 2895.1.1995

\*\* This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.



A38694, SCA/SCNZ R210H C/B



# **SHARP** COOKING GUIDES

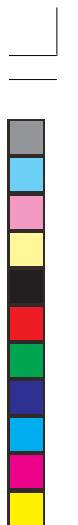


## CONTENTS COOKING GUIDE

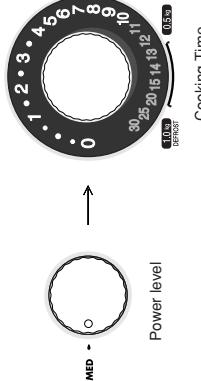
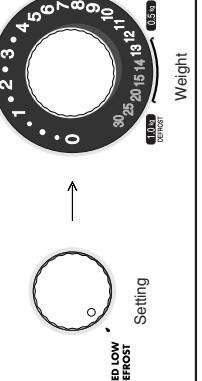
QUICK REFERENCE GUIDE ①	HELPFUL HINTS ②	COOKWARE AND UTENSIL GUIDE ③	CHART ④
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**SHARP**  
SHARP CORPORATION OSAKA, JAPAN

TINSEA974WRRZ - J31  
Printed in Thailand



## QUICK REFERENCE GUIDE

FEATURE	QUICK OPERATION GUIDE
Cooking	To cook for 10 min. on MED. 
Defrosting	To defrost 0.5 kg meat. 

①





## HELPFUL HINTS

**1. THE ARRANGEMENT**  
Arrange foods carefully. Place thickest areas toward outside of dish.

**2. TURNING**  
Foods such as poultry and joints of meat should be turned over after half the cooking time.

**3. COVERING**  
Cover foods in the microwave if you would normally cover the food in your ordinary oven, or to retain moisture. Cover foods such as Vegetables, Casseroles, or when Reheating. Use to cover foods:

**4. PIERCING**  
Pierce potatoes, eggs, tomatoes or any foods with a skin or membrane to allow steam to escape.



**5. SHIELDING**  
Shield using small pieces of aluminium foil to shield thin areas of meat, fish and poultry or edges of cakes to prevent overcooking.



**6. STANDING TIME**  
Standing time is important. After cooking or defrosting ensure adequate standing time. This allows the food to continue cooking or heating. Refer to cooking guides for each menu or according to manufacturers instructions.

**7. STIRRING**  
Stir foods from the outside to the centre of the dish, once or twice during cooking if possible.  
Eg. Casseroles and Sauces.



**8. SIZE**  
Small pieces cook faster than large ones. To speed up cooking, cut pieces smaller than 5 cm so microwaves can penetrate to the centre from all sides. For even cooking, make all the pieces the same size.

**9. DENSITY**  
The depth to which microwaves penetrate food varies depending on the food's density. Porous foods like minced beef or mashed potatoes microwave faster than dense ones like steak or whole potatoes.



**10. FAT AND BONE**  
Marbling within meat, or a thin, even layer of fat on a roast, speeds cooking. Large fatty areas or excess drippings in dish attract energy away from meat, and slows cooking. Centre bones do not affect cooking, but bone on the side of meat conducts heat to the areas next to it.

**11. STARTING TEMPERATURE**  
Frozen or refrigerated foods take longer to heat than food at room temperature. Cooking times in this book are based on normal storage temperatures. Since rooms, refrigerators and freezers differ in temperature, check cooking result at the minimum time.



**12. QUANTITY**  
Microwave cooking times are directly related to the amount of food in the oven. Because energy is absorbed by the food itself, one potato or a single piece of chicken cooks rapidly. When the energy is divided among several items, cooking takes more time.

**13. CONDENSATION**  
Condensation is a normal part of microwave cooking. The humidity and moisture in food will influence the amount of condensation in the oven. Generally covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.

**14. GENERAL**  
Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.



## COOKWARE AND UTENSIL GUIDE

Utensil	Use	Advice
GLASSWARE/CERAMIC (HEAT RESISTANT)	YES	<p>GLASSWARE</p> <ul style="list-style-type: none"> <li>• Ordinary glass is not suitable for cooking but may be used for short periods for heating foods.</li> <li>• Most ovenproof China, and ceramics, are suited.</li> <li>• Avoid dishes that are decorated with gold or silver leaf.</li> <li>• Avoid using antique pottery.</li> <li>• If unsure, check with the manufacturer.</li> </ul>
METAL COOKWARE	NO	<ul style="list-style-type: none"> <li>• Metal cookware should be avoided when cooking in the microwave oven.</li> <li>• Microwave energy is reflected by metal.</li> </ul>
PLASTIC WRAP/ OVEN BAGS (MICROWAVE SAFE ONLY)	YES	<ul style="list-style-type: none"> <li>• Plastic wrap can be used to cover food.</li> <li>• Some shrinkage of the wrap may occur, over an extended cooking time.</li> <li>• When removing wrap, lift it in such a way to avoid steam burns.</li> <li>• Do not tie oven bags with metal twist ties, substitute with string.</li> <li>• For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.</li> </ul>
ALUMINUM FOIL	FOR SHIELDING	<ul style="list-style-type: none"> <li>• Small amounts may be used to shield certain parts of meat and fish when cooking or defrosting.</li> <li>• Remove food in foil trays, if possible, and place in a microwave safe dish.</li> <li>• If not possible, place the foil tray onto a heat proof plate allowing 2.5 cm room between the walls of the oven.</li> </ul>
STRAW AND WOOD	NO	<ul style="list-style-type: none"> <li>• Excessive over heating of these materials may cause a fire in the microwave oven.</li> </ul>
PAPER	YES	<ul style="list-style-type: none"> <li>• Paper towels and waxed paper are suitable to use to prevent splatters.</li> <li>• These are suitable for use when reheating foods or for short cooking times.</li> </ul>
PLASTIC COOKWARE MICROWAVE SAFE	YES	<ul style="list-style-type: none"> <li>• Ideal for cooking, reheating and defrosting.</li> <li>• Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.</li> </ul>
BROWNING DISH	YES	<ul style="list-style-type: none"> <li>• Ensure that the preheating time of the dish is not exceeded.</li> <li>• Ensure that a microwave heat proof dinner plate or suitable insulator be placed between the turntable and the browning dish.</li> </ul>
THERMOMETERS	•MICROWAVE SAFE •CONVENTIONAL	<ul style="list-style-type: none"> <li>YES</li> <li>NO</li> </ul>

(3)





## DEFROSTING CHART

Power : MED LOW(30%)

Food	Approx. Cooking Time	Procedure
Steak Chops	11–13min./500g 18–22min./1kg	<ul style="list-style-type: none"> <li>Shield thin end of chops or steaks with foil.</li> <li>Position the food with thinner parts in the centre in a single layer on a defrost rack.</li> <li>If pieces are stuck together, try to separate as soon as possible.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 10–15 mins.</li> </ul>
*See NOTE below.		
Poultry	11–13min./500g 24–26min./1kg	<ul style="list-style-type: none"> <li>Remove from original wrapper.</li> <li>Shield wing and leg tips with foil.</li> <li>Place breast side down on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 15–30 mins.</li> <li>N.B. After standing run under cold water to remove giblets if necessary.</li> </ul>
Minced Beef	11–13min./500g 18–22min./1kg	<ul style="list-style-type: none"> <li>Place frozen minced beef on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 10–15 mins.</li> </ul>
*See NOTE below.		
Chicken Pieces	12–14min./500g 18–22min./1kg	<ul style="list-style-type: none"> <li>Shield the exposed bone with foil.</li> <li>Place chicken on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 10–15 mins.</li> </ul>
*See NOTE below.		
Roast/Beef Pork Lamb	12–14min./500g 18–22min./1kg	<ul style="list-style-type: none"> <li>Shield the edge with foil strips about 2.5 cm wide.</li> <li>Place joint with lean side face upwards (if possible) on a defrost rack.</li> <li>Turn food over approximately half way through defrosting. Shield warm portions.</li> <li>After defrost time, stand covered with aluminium foil for 15–30 mins.</li> </ul>

NOTE: When freezing minced beef, shape it into flat even sizes.  
 For chicken pieces, steaks and chops, freeze separately in single flat layers and if necessary interleave with freezer plastic to separate layers. This will ensure even defrosting.  
 It is also a good idea to label the packs with the correct weights.

(4)





## FRESH VEGETABLE CHART

VEGETABLE	AMOUNT	COOKING PROCEDURE	MICROWAVE TIME AT 100%
Artichokes	2 medium	Trim. Rinse well. Place onto a dinner plate. Cover with plastic wrap.	3½-5 minutes
* Asparagus	250 g	Wash and place in a freezer bag.	2-3 minutes
Beans	250 g	Cut into 4cm pieces. Cook in 1-litre casserole dish with 1 tablespoon water. Cover.	3-4 minutes
* Broccoli	500 g	Cut into uniform florets. Arrange with flower towards centre in a pie plate. Cover with plastic wrap.	6-7 minutes
Brussels sprouts	500 g	Arrange in a pie plate. Arrange with stalk towards outside. Cover with plastic wrap.	3-4 minutes
* Cabbage	250 g	Shred and cook in a 1.5-litre casserole dish with 2 tablespoons water. Cover.	3-5 minutes
* Carrots	250 g	Cut carrots into circular pieces and place into a 1-litre casserole dish with 1 tablespoon of water. Cover.	3-4 minutes
* Cauliflower	500 g	Cut into uniform florets. Arrange with flower towards centre in a pie plate with 1 tablespoon water. Cover with plastic wrap.	4-5 minutes
Chokos	500 g (2)	Peel, cut into quarters. Place in a pie plate with 1 tablespoon of water. Cover with plastic wrap.	6-7 minutes
* Corn (on cob)	2	Arrange in a pie plate with ¼ cup water. Cover with plastic wrap.	7-9 minutes
	4	Arrange in a pie plate with ⅓ cup water. Cover with plastic wrap.	14-15 minutes
Eggplant	500 g	Cut into 2cm cubes. Place in a 1-litre casserole dish with 2 tablespoons water. Cover.	4-5 minutes
* Mushrooms	500 g	Sliced or whole. Place in a 1-litre casserole dish with 2 teaspoons butter. Cover.	5-7 minutes
Peas - Green - Snow	500 g 250 g	Cook in a 1-litre casserole dish with 1 teaspoon sugar and 1 tablespoon water. Cover. Remove string from pod. Cook in a 1-litre casserole dish with 1 tablespoon water.	2-4 minutes 2½-3½ minutes
* Potatoes (jacket)	2 medium	Pierce skin with a fork. Place on turntable. Turn over halfway through cooking. Stand wrapped in foil for 2-3 minutes.	4-6 minutes
(steamed)	2 medium	Peel and cube potatoes. Cook, covered, in a 1-litre casserole dish with ½ cup water.	5-7 minutes
	4 small		
* Pumpkin	500 g	Peel and cut into serving-size pieces. Place in a 1-litre casserole dish. Cover.	5-7 minutes
Spirach	250 g	Wash and shred. Cook, covered, in a 1.5-litre casserole dish with 2 tablespoons water.	3-5 minutes
* Squash	250 g	Wash and place in a 1 litre casserole dish with 1 tablespoon of butter or water. Cover. Pierce whole squash with a fork.	4-5 minutes
Sweet Potato	500 g	Peel and cube potatoes. Cook, covered, in a 1-litre casserole dish with ½ cup water.	5-7 minutes
Tomatoes	500 g	Cut into quarters. Place in a 1-litre casserole dish. Season and cover.	4-5 minutes
* Zucchini	250 g	Cut into uniform-size pieces. Place in a 1-litre casserole dish with 1 tablespoon water and 1 tablespoon butter. Cover.	3½-5 minutes

\*Stand vegetables for 1-2 minutes before serving.



## FROZEN VEGETABLE CHART

- Cook vegetables in a flat dish. Cover with a lid or plastic wrap.
- Allow to stand 1-2 minutes before serving.

VEGETABLE	WEIGHT	MICROWAVE TIME AT 100%	SPECIAL PROCEDURES
Beans (green, cut)	250 g		
Broccoli	500 g	5-6 minutes	
Brussels sprouts	500 g	7-9 minutes	
Carrots (whole) (sliced)	500 g	8-9 minutes	
Cauliflower	500 g	8-10 minutes	
Corn (on cob)	4 pieces (500 g)	8-10 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
(kernel)	250 g	3-5 minutes	Add $\frac{1}{2}$ cup water and 1 teaspoon sugar. Turn $\frac{1}{2}$ way during cooking.
Peas (green)	250 g	4-6 minutes	Add 3 tablespoons water and 1 teaspoon of butter.
Spinach	250 g	5-6 minutes	
Mixed Vegetables	250 g	4-5 minutes	Break apart as soon as possible.

## REHEATING-FOOD CHART

FOOD	WEIGHT	COOKING TIME AND POWER LEVEL	SPECIAL INSTRUCTIONS
Beverage 250 ml per cup (room temp.)	1 cup 2 cups	1 $\frac{1}{2}$ -2 $\frac{1}{2}$ minutes on 100% 3 $\frac{1}{2}$ -4 minutes on 100%	Stir after reheating.
Canned food (eg, Spaghetti, Baked Beans) (room temp.)	440 g can 740 g can	9-10 minutes on 50% 10-11 minutes on 50%	Place food in bowl. Cover with plastic wrap or lid. Stir halfway through cooking. Stir after reheating.
Canned Soup 250 ml per cup (room temp.)	1 cup 2 cups	2-2 $\frac{1}{2}$ minutes on 100% 5-6 minutes on 100%	Place food in bowl. Cover with plastic wrap or lid. Stir after reheating.
Dinner Plate-400 g per serve (refrigerated)	1 serve	7-8 minutes on 50%	Cover plate with plastic wrap. Place directly on turntable. Stand 2 minutes. * Slice potato.
Casserole 250 g per serve (refrigerated)	1 serve 2 serves	8-9 minutes on 50% 12-15 minutes on 50%	Place in a casserole dish, cover with lid. Place directly on turntable. Stir halfway through cooking. Stand 2-3 mins.

NOTE: Room Temperature  
Refrigerator Temperature

+20°C

-3°C

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